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HEALTHY PIZZA POCKETS KIDS WILL LOVE FOOD {page 10}

NEW TERRAIN RUSSELL PETERS TAKES ON BIG SCREEN {page 7}

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Monday, September 26, 2011
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News worth sharing.

Animal control slapped with suit

Lawsuit claims bylaw officers used 'excessive and unreasonable' force ◐ Officers 'unfairly targeted' alleged victim and her dog: Statement of claim ◐ Woman has a long history with animal control

ANGELA MULLINS
@METRONEWS.CA

A woman has filed a $350,000 lawsuit against the City of London, the Animal Care Centre and two bylaw- enforcement officers.

The civil action claims the officers — Kenneth O'Quinn and James Round — assaulted her and trespassed on her Briscoe Street property June 4, 2010. None of the allegations have been proven in court.

Susan McKee, 58, filed the Ontario Superior Court of Justice suit in May. In February, the Crown dismissed a criminal-assault charge against McKee stemming from the same incident. McKee was arrested after the bylaw officers told police she bit one of them during the scuffle.

In the lawsuit, lawyer Phillip Millar claims the enforcement officers came onto McKee's driveway, put a snare around her dog Daisy's neck, dragged the dog and McKee onto a boulevard and then "climbed on top of (McKee), pinned her to the ground and applied their full weight to prevent her from moving."

The main issue in the civil suit is that animal-control officers can't take a dog away from private property without consent, Millar told Metro.

"I'm screaming, 'Stop it, stop it, you're hurting her.' I was terrified."
SUSAN MCKEE OF BOTHWELL, DESCRIBING A JUNE 2010 INCIDENT INVOLVING ANIMAL-CONTROL OFFICERS

When McKee noticed Daisy was missing last June, she was about to start searching for her. By the time McKee got outside, the officers were putting the snare around Daisy's neck in the driveway. That constitutes trespassing, Millar said.

The officers also overstepped their bounds by restraining McKee, who had grabbed ahold of the snare because she was worried the dog was choking, Millar said.

"These guys cannot just abuse their power and then charge her," he said.

McKee has a long history with animal control, which could not be reached for comment yesterday. In the past four years, she's been ticketed multiple times for issues including allowing her dog to run at-large and failure to have dog tags. Some of the tickets were dismissed after McKee fought them in court.

ANGELA MULLINS/METRO

▶ Susan McKee, 58, of Bothwell, gets a kiss yesterday from her dog Daisy. McKee has filed a civil suit against the City of London, the Animal Care Centre and two bylaw-enforcement officers. The lawsuit stems from a June 2010 incident during which McKee said bylaw-enforcement officers broke the law by taking Daisy off her property. McKee, who claims in the suit she was assaulted during the altercation, lived in London at the time.

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1 news

A group wants the federal government to investigate Dick Cheney, who will be in Vancouver today as part of his book tour. Scan code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

An increasingly gloomy economic outlook is dragging down commodity prices, and that's bad news for the TSX. Video at metronews.ca

Follow us on Twitter @themetrolondon

Cigarettes, cash stolen in armed robbery

London police are looking for two male suspects after a robbery early yesterday.

At about 1:45 a.m., two suspects entered the Mac's Milk store at 2254 Trafalgar St. One of them pulled a gun on an employee.

The suspects fled with a quantity of cash and cigarettes, leaving in a small or mid-sized grey vehicle.

No one was injured.

Both suspects are described as about six feet tall, 180 pounds and 20 to 35 years old.

Anyone with information is asked to call the police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). Tips can also be provided online at londoncrimestoppers.com.

METRO

Apartment fire causes $44K in damages

London fire officials continue to investigate an early-morning fire at an apartment building at 693 King St.

The blaze, which broke out around 5 a.m. Saturday, caused damage pegged at $44,000.

No one was injured.

AM980/AM980.CA

For more news, visit metronews.ca/london

ANGELA MULLINS/METRO

▶ A. Jaye and Alison Williams, both of London, talk yesterday at the East Village Coffeehouse about SillWill Studios, their company that's been cranking out comic books and graphic novels since 1999. Inset: SillWill just released A Spell for Tears, the third part of The Sorcerer's Children series.

Brother, sister stand up to the big guys

- London comic-book company keeps the ball rolling with newest release
- Making sales through Amazon.com and at local comic-book stores

ANGELA MULLINS
@METRONEWS.CA

A. Jaye and Alison Williams are fighting a battle of gigantic proportions.

Like the characters in their comic books, the brother-and-sister duo are fighting against the odds to put their talents and passions to good use.

"We really do feel like there's an audience out there for this work," A. Jaye said, referring to the comic books being produced at SillWill Studios in London. "You can't help but be up against the big guy (like Marvel and DC).... You want people to have some left over to look at the smaller presses."

A. Jaye and Alison launched SillWill in 1999, with the first release in The Sorcerer's Children series. The company went on to release the second part of the series as a graphic novel in 2002, and this August released The Sorcerer's Children: A Spell for Tears.

In between working on The Sorcerer's Children, SillWill created and launched The Adventures of Astrodog — a science-fiction sleuth series aimed at children. It's also preparing to release The Ruby Warrior later this year, a work that A. Jaye describes as a "pulp fantasy adventure" about a government intelligence worker who gets abducted and taken to another world.

What you won't find in the pages of SillWill's works are superheroes. It's not an oversight. In fact, keeping superheroes — the likes of A. Jaye's favourite series The Green Lantern — out of their storylines is quite intentional.

"You have to have something a little different (than the huge publishers)," Alison said. "You have to stand out."

Despite the "uphill struggle" small publishers like SillWill face, making a push in the industry has gotten easier over the years.

While the Williams team has been using its website — sillwill.com — as a marketing and sales medium for years, the advent of social media has made it easier to spread the word about new releases.

The company also is beginning to branch into web comics and plans to release new instalments in the Astrodog series online.

Knights weather Storm

Vladislav Namestnikov scored the shootout winner yesterday as the London Knights beat the Storm 2-1 in Guelph.

He also scored on the power play in regulation time for the Knights.

Goalie Michael Houser, who shut out the Saginaw Spirit 8-0 in Friday's home opener, was the first star of yesterday's game.

45 The number of saves London goalie Michael Houser made yesterday against Guelph. Two games into the OHL season, he's stopped 81 out of 82 shots.

The Knights return to action Friday night at the JLC when they host the Sudbury Wolves. METRO

CONTRIBUTED

▶ Vladislav Namestnikov

News in brief

Charge laid in confrontation

CRIME. A London man has been charged after another man, 21, was allegedly punched in the face following his departure from a Talbot Street bar early Saturday.

The victim sustained minor injuries.

Salar Elyasizadeh-Moghadam, 28, faces one count of assault. METRO

Man stabbed

CRIME. Police are looking for a man who stabbed another man in the arm around Hamilton Road and Little Grey Street at 10 p.m. Friday after the victim, 22, wouldn't give him a cigarette.

The suspect is described as white, 40 years old, six-foot-two and 200 pounds. He has a teardrop tattoo under an eye and tattoos on his hands. METRO

An unappeeling incident

Person responsible for throwing banana peel on ice still being sought **Tips can be called in: 519-667-5700**

ANGELA MULLINS
@METRONEWS.CA

For all the negative attention Thursday's banana-throwing incident has brought to London and the John Labatt Centre, plenty of people have come to London's defence.

Several media outlets were quick to point out that racism is the real issue that needs addressing. In other words, it doesn't really matter where the banana was thrown at black Philadelphia Flyers forward Wayne Simmonds; the problem is that it happened at all.

NHL commissioner Gary Bettman has rushed to London's defence. "The obviously stupid and ignorant action by one individual is in no way representative of our fans or the people (of London)," he was reported as saying.

Metro asked Londoners about the city's portrayal in the media following the incident. Here's what a few had to say.

ANGELA MULLINS/METRO

Ali Bhimji, 30

"I think the incident itself is terrible. It puts a black eye on London. It's all over the NHL. It should never have happened."

ANGELA MULLINS/METRO

Heather McDowall, 30

"I think that it's really sad that London's being portrayed this way because we are not (that kind of) city. I hope that it can be rectified and people realize that's not who we are."

ANGELA MULLINS/METRO

Brandy Guminy, 31

"A lot of people are responding, and they think it's a disgrace for our city, which is understandable. (But) that one person doesn't necessarily represent our whole city. It shouldn't be reflected on our city just because there's one bad person that doesn't know how to handle themselves properly."

ANGELA MULLINS/METRO

Faraz Shah, 27

"People here are very generous, very kind and they are very friendly. Overall ... they are very helpful to people from different parts of the world."

ANGELA MULLINS/METRO

Allison Sinclair, 20

"I'm just kind of embarrassed for us for sure. I just wish that something could have stopped him. What drives someone to do that? It's just kind of pushing our city back in time, and we should (be) more advanced, progressing."

London's reputation

We asked Londoners through social media what they thought of the international media's portrayal of London after the banana incident at Thursday's NHL exhibition game. Here's what you said:

On Twitter:

- **@BHRaymond:** I've found that the Intl media has reported the incident itself and not cast a shadow on #ldnont as a whole
- **@KimberBogema:** I am really happy that #ldnont reacted strongly against the banana. Internationally it is noted as an isolated incident

On Facebook:

- **Nick E George:** Here is my note to the Philadelphia Flyers "Dear philadelphia flyers...people throw squid at you and that's an honor...someone throws a banana and it becomes international news headlines...seriously go make some banana bread..."
- **Michael James Brown Rhb:** Difference is: throwing a squid (while kinda gross and wasteful) is not a RACIST statement.
- **Nick E George:** I understand what you are saying...and I am not 100% convinced it was racist...that's just my opinion...

NDP presents plan to 'weather' tough times

Ontario's New Democrats released their financial blueprint containing a $2-billion contingency fund yesterday as they positioned themselves as the party with the best plan to handle another economic slump.

NDP Leader Andrea Horwath called the approach sound in light of the uncertain times ahead.

"We believe we put forward a very cautious and prudent and realistic plan," Horwath said.

"If things get bad, we have put in place a plan to help (people) weather the tough times, and still be able to meet our fiscal goals."

The plan includes an annual $1.7-billion contingency fund, just as the Liberal plan does, but Horwath is also promising to put aside an extra $1 billion over four years.

The NDP bases its numbers on the more cautious assumptions from the 2011 budget, unlike the Liberals and the Tories, who are assuming revenue growth of between $400 million and $500 million over the next four years.

Given the shaky state of the global economy, the NDP calls the other parties' assumptions a gamble, because the province would end up with an even bigger deficit if their projections prove optimistic.

THE CANADIAN PRESS

'Reckless'

- The Liberals called the New Democrat plan reckless, saying it is full of job-killing tax hikes.
- They also argued voters can't trust the NDP's "socialist economic theory," pointing to the party's record when Bob Rae was premier 20 years ago.
- Progressive Conservative Leader Tim Hudak dismissed the NDP's costing, saying his party was the only one businesses could trust to cut taxes.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Ontario NDP Leader Andrea Horwath speaks to media about her party's fiscal framework in Toronto yesterday.

WOTCH to hold BBQ

WOTCH Community Mental Health Services will be holding a United Way barbecue fundraiser on Wednesday from 11:30 a.m. to 1:15 p.m. at 534 Queens Ave. to support mental health in the workplace. Tickets are $6 in advance and $7 at the door.

For tickets, call 519-668-0624 (ext. 421 or 222), or email info@wotch.on.ca.

METRO

Backup plan

- If it rains, the barbecue will be held Thursday at the same time and place.

Space-junk hoax makes headlines

JEREMY NOLAIS
IN CALGARY

Borrowing from a staged radio drama bought by many, a Calgary filmmaker perpetrated a space-junk hoax that sparked worldwide attention over the weekend.

Sebastian Salazar was watching his Twitter feed fill with discussion of NASA's dying Upper Atmosphere Research Satellite (UARS) shortly before midnight Friday.

An anomaly over Okotoks, Alta., on one weather image sparked speculation that debris from the 6.5-tonne craft could land in the city south of Calgary.

One particular tweet expressing fear that aliens could be living in the satellite caught Salazar's attention, reminding him of Orson Welles' fake 1938 radio broadcast War of the Worlds, which led many to believe aliens had landed.

He pulled transcripts from the broadcast and began tweeting them out as live events occurring on a farm in the Okotoks area.

"People weren't even checking for legitimacy anymore," Salazar said.

JEREMY NOLAIS/METRO

▶ Sebastian Salazar

Oilsands protesters prepare for battle

Demonstrators receive tips on how to handle confrontation with authorities on Parliament Hill

Protesters were already filing into Ottawa yesterday for a showdown with the federal government over its support for the oilsands and a plan to build a giant pipeline from Alberta to Texas.

After the high-profile arrest of celebrities and about a thousand activists in Washington last month for their attempts to stop approval of the Keystone XL pipeline, Greenpeace and other groups hope to gain similar notoriety in Canada with a civil disobedience protest on Parliament Hill today.

"What we see ahead is a catastrophe — a catastrophe for our grandchildren and their grandchildren," said Rosemarie Whalley, a senior citizen who came from Montreal. THE CANADIAN PRESS

Stars to attend

Stars such as Gordon Pinsent, musician David Bidini and indigenous celebrity Tantoo Cardinal are expected.

- Already the plans for a sit-in have had a polarizing effect, with both Prime Minister Stephen Harper and Natural Resources Minister Joe Oliver making a point of defending the pipeline late last week.
- The main argument against the Keystone XL pipeline is environmental. The pipeline would travel through six states, and also pass through the Ogallala Aquifer, a subterranean reservoir that provides water to Nebraska and seven other states.

EVAN VUCCI/THE ASSOCIATED PRESS FILE

▶ In this Aug. 30, 2011 file photo, actress Daryl Hannah is arrested by U.S. Park Police during a Keystone XL Pipeline protest in front of the White House in Washington.

Scientists against seal-cull plan

Two of Canada's leading marine biologists and a conservation group say a five-year proposal to slaughter 140,000 grey seals in the southern Gulf of St. Lawrence is being driven by politics, not science.

"I don't support it," said Hal Whitehead, a professor at Dalhousie University in Halifax.

Boris Worm, a Dalhousie biology professor said former fisheries minister Gail Shea had said a cull was a good idea in 2009, and federal scientists have since been pushed to justify that decision. THE CANADIAN PRESS

News in brief

Man charged in wife's murder

JERSEY CITY, N.J. A New Jersey man has been charged with killing his Canadian-born wife after police found her remains in a cement-filled drum.

Prosecutors said Steven Acuna was charged after police found the remains of Randy Lehrer in the basement of a Jersey City building. THE CANADIAN PRESS

Parents drown trying to save kids

SAGUENAY, QUE. Two men and a woman drowned Saturday night trying to rescue their children from a river in Quebec's northeast Saguenay region. The children were saved. THE CANADIAN PRESS

News in pictures

PHOTOS
1. TROY FLEECE/THE CANADIAN PRESS
2. COURTESY OF VALERIE PARISH
3. DARRYL DYCK/THE CANADIAN PRESS
4. PATRICK DOYLE/THE CANADIAN PRESS
5. FRED CHARTRAND/THE CANADIAN PRESS

1 Jack Layton, left, with Canadian actor Kiefer Sutherland and a life-sized statue of Sutherland's grandfather Tommy Douglas by sculptor Lea Vivot in 2010. Vivot is planning three different bronze statues of Jack Layton. THE CANADIAN PRESS

2 Lacombe, Alta., chihuahua Duke's back legs were paralyzed after being attacked by a coyote last year. Owner Valerie Parish's husband constructed a device that has helped Duke to wheel around. METRO

3 Canadians should have ideal viewing weather in October to take in the changing colours of the leaves, says the country's leading climatologist. THE CANADIAN PRESS

4 Foreign Affairs Minister John Baird and the prime minister of Kuwait, Sheikh Nasser Al-Mohammed Al-Jaber Al-Sabah, after the sheikh's arrival at Ottawa International Airport yesterday. THE CANADIAN PRESS

5 Christine Russell, wife of fallen police officer Sgt. Ryan Russell, and her son Nolan at the Canadian Police and Peace Officers' Annual Memorial Service on Parliament Hill in Ottawa yesterday. THE CANADIAN PRESS

Carney defends banking reform

- Says credit problem is one of demand, not supply
- U.S. considered most resistant to new rules

ADRIAN WYLD/THE CANADIAN PRESS

▶ Carney

Canada's Mark Carney waded into the touchy and controversial issues facing the American financial system yesterday, dismissing concerns — or excuses — about banking reform.

Speaking at a financial convention in Washington, the Bank of Canada governor gave a spirited defence of new international rules, and chided resisters as misconceived or fatalistic.

He noted that such thinking led to abuses and excessive risk-taking resulting in the recent collapse of the system, leading to a global recession haunting economies.

Carney's speech to the Institute of International Finance follows two days of meetings in which global policy-makers grappled with the recession's consequences and sought to prevent another. Canada, along with the U.S. and non-eurozone countries, pressured European leaders to commit to an expanded emergency fund.

Carney suggested the fund should be about one trillion euros, more than twice the commitment.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

Dollar	Natural gas 1,000 cu ft $3.72 (+ 2.0¢)
- 0.19¢ (97.14¢ US)	Gold contracts $1,639.80 (– $101.9)
Oil	TSX
- $2.10 US ($78.41 US)	- 99.64 (11,462.87)

Debt. Fight

▶ Rachael Pletz, right, holds up a sign as she and others participate in a march organized by Occupy Wall Street on Saturday in New York.

TINA FINEBERG/THE ASSOCIATED PRESS

Wall Street protest continues

About 80 people were arrested Saturday as demonstrators, camped out near the New York Stock Exchange, marched through lower Manhattan. The "Occupy Wall Street" protest, fighting against bail-outs and the mortgage crisis is entering its second week. Police say the arrests were mostly for blocking traffic.

Merchant fights for asbestos

An asbestos merchant, Baljit Chadha, is headed to Parliament Hill this week to fight back after Canada's asbestos sector has recently absorbed a public-relations pummelling, both here and abroad.

The Quebec government will decide by Oct. 1 whether to help Chadha save one of Canada's last two asbestos mines, in the town of Asbestos.

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CHILDHOOD DERAILED BY CANCER

URBAN COMPASS

JILL ELLIS
METRO LONDON

Usually being in an auto accident is bad news for a kid, but for Taylor Cosby it was a stroke of good luck. Two years ago when the car she was riding in rolled five times, Taylor and her family had to go to the hospital to be checked out, though all of them had walked away from the accident. Her X-rays revealed a previously undetected softball-sized tumour in her chest. Eventual symptoms may have been diagnosed as asthma, and a puffer would not have cured the Ewing's sarcoma that could have killed the young Londoner.

At 13 and a student at Clarke Secondary School, Taylor is now cancer-free after two surgeries, 32 rounds of chemo and extensive radiation. This bright, fun teen recently shared her story at the Power of the Purse conference, a fundraiser for Childcan. That organization raises awareness of childhood cancers and helps families pay for long hospital stays and medical needs.

"Her hobbies of singing, horseback riding and hanging out with her friends all suffered."

Fighting cancer was hard on Taylor and her family. "Chemo was the worst," she says. She had to have it before and after surgery, and it made her feel ill, lethargic and caused her hair to fall out. Her hobbies of singing, horseback riding and hanging out with her friends all suffered. Taylor also missed a year of school because she couldn't handle being exposed to germ-carrying children.

Taylor is just one of the 10,000 youngsters living with cancer in Canada today. According to Marianne Hebb, executive director of Childcan, "Treatments are longer than adult treatments, so the cure won't have huge effects on growing bodies."

Unlike many adult versions, childhood cancer isn't lifestyle-related. Fortunately, they tend to be more curable. Hebb quotes statistics from POGO (Pediatric Oncology Group of Ontario): One in 330 kids under the age of 20 will get cancer every year in this country, with an 82 per cent survival rate.

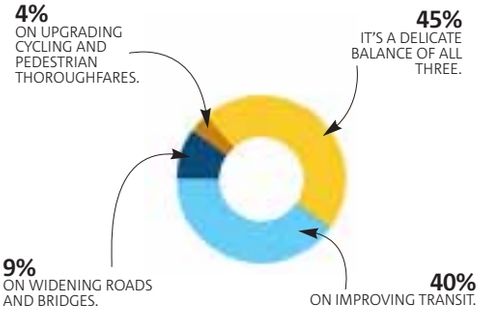
In children, cancers often go undiagnosed, as Taylor's almost was. But diagnosis means a family's life is changed in an instant and forever, according to Hebb. While a family is facing its worst nightmare, expenses mount. Taylor's surgeries, radiation treatments and rounds of chemo involved staying in the hospital for extended periods, and she figures that Childcan saved them more than $2,000 by giving her family a parking pass. The organization also came to the rescue with money for groceries and building materials when they moved to a new home that needed renovation to eliminate nicotine damage — that would have been damaging to Taylor — from the former owner.

September is Childhood Cancer Awareness Month. Taylor and Hebb ask that we be aware that cancer hits kids too. We can also help families who are kicked with added expenses when they are already down by giving to Childcan: 519-685-8500 or Childcan.on.ca.

Contact Jill Ellis at londonurbancompass@metronews.ca

Register at metropolitanpanel.ca and take the quick poll

How is money best spent when addressing traffic congestion?



Local tweets

- **@Evolving:** ...lazy sunday, just the usual stuff going on. Have a good Sunday ppl!! #ldnont
- **@dmrodrigues89:** saw my first lunar eclipse this morning :) #ldnont #uwo #universe
- **@Aaerelon:** I haven't used any downtown dollars yet. Suggestions? I love food. #ldnont
- **@VMihaescu:** Back to Londooo! #ldnont
- **@mooreav:** This is the first time I've ever seen the train stop on its way through #ldnont. New to London... Normal or out of the ordinary?
- **@joelcadams:** First time stuck at train tracks in several years. Could have avoided this one too, but no rush on this beautiful Sunday morning in #ldnont.
- **@meghangiffin:** Daddy's visiting!! #uwo #famjam
- **@westrnbro:** bacon, eggs, keg...breakfast of champions #uwo #western #wb
- **@ScooterScootero:** Casual racism is still very prevalent in #ldnont and elsewhere. If we don't confront it we become part of the problem.

Final. Bullfight

▶ Bullfighter Jose Tomas performs during the last bullfight at the La Monumental yesterday in Barcelona. Starting today, Metro will select a photo from around the world and publish it in this space.

DAVID RAMOS/GETTY IMAGES

Photo of the day

Matadors have driven the killing sword into bulls for the last time in Spain's region of Catalonia in an emotive farewell fight before a regional ban on the country's emblematic tradition takes effect.

Don't have a condom? You could try this

On the occasion of World Contraception Day, Metro sat down with Prof. Robert Jütte, author of the book Contraception: A history, to talk about the history of contraception.

Egyptian style. "In ancient Egypt, crocodile dung was used as a pessary. It sounds weird and revolting, but now we know that it's not as crazy as one might think as some of the ingredients change the pH value in the vagina to create a bad environment for the sperm."

Smooth condoms. "The first undisputed description of the condom — done by 16th-century Italian physician Gabriele Falloppio — mentioned it was made of cloth. This type did not feel very sensitive at all. In comparison, for a very smooth condom material, animal intestines or a fish's air bladder were used."

Ancient Rome. "Believe it or not, people did wear amulets like they do talismans as a means of contraception. Worn around the neck, these amulets contained ingredients we would describe as complete nonsense for a contraceptive."

Myths. "I once read in a British opinion poll that some women thought that by simply closing your eyes you can avoid conception. Other old-lady 'recipes' include washing after intercourse."

METRO WORLD NEWS

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HANDOUT

▶ Comedian Russell Peters co-stars in Breakaway.

Peters dares to dream

Comedian Russell Peters takes on the big screen in Breakaway Film about an Indo-Canadian hockey team a broader story of a regular guy with a dream

STEVE GOW
SCENE@METRONEWS.CA

Russell Peters may have mastered the comedy stage by selling out concerts (including Madison Square Gardens) around the globe but conquering Hollywood has taken a bit longer.

"The challenge for me has been getting the right roles," explained the Toronto native recently. "I've been offered a ton of (movie parts) but do I want to play the 7-11 guy or the taxi guy? Hence my movie career has been slower than most."

Things may be changing for the man who has sold hundreds of thousands of his comedy DVDs. Now co-starring in this Friday's release of Breakaway, Peters has found his place in what's likely the first-ever film about an Indo-Canadian hockey team.

"I'd like to say that I was the seed for (Breakaway) because I used to do a joke about an all-Indian hockey team," said Peters. "I used to do a joke about the Toronto Maple Sikhs and (writer and star Vinay Virmani) even told me that's what gave him the idea for writing this film."

It's an obvious point of pride for Peters, even if playing Canada's national sport isn't. "I can't stand the game," said Peters. "There's a whole generation of Indo-Canadians that grew up loving hockey. I would go out and say I'm very much in the minority for not liking hockey."

Instead, Peters offers that he related to the film's central story about a striving first-generation Sikh athlete who must deal with issues of family and identity in discovering his life's ambition.

"It's really about the immigrant experience," said Peters. "But it's the same story for every first generationer. And even if you're not a first-generation immigrant family, you can still relate to it — it's about a guy with a dream."

Life of laughs

Why Russell Peters will never quit stand-up comedy:

▶ "Stand-up comedy is not one of those things you choose to do, it chooses you. If I have time off, my immediate reaction is I need to get on stage — it doesn't matter where it is."

2 scene

Box office

Studio estimates Sunday put Walt Disney's The Lion King reissue at No. 1 again with $22.1 million. That puts it just ahead of Moneyball, which opened at No. 2 with $20.6 million. Debuting closely behind at No. 3 was Dolphin Tale with $20.3 million.

THE ASSOCIATED PRESS

Malkovich says playing aging Siberian mobster in U.S.-Italian movie was 'delightful.'

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Lindsay's dating dramas start up

- Actress is reportedly seeing a New York hotel magnate
- Rumour has it that she and his wife haven't really hit it off

Lindsay Lohan is reportedly clashing with her rumoured new boyfriend's estranged wife, according to the New York Post.

Lohan is said to be dating New York hotel magnate Vikram Chatwal and even staying at his house, though she was reportedly instructed to make herself scarce before Chatwal's wife, Priya Sachdev, got back to town.

A miffed Lohan then reportedly confronted Chatwal at a dinner he was hosting at his hotel.

"Priya was very dignified, but Lindsay was so rude," a source tells the newspaper.

"She acted as if she'd had no idea Vikram was married and tried to make it clear that Vikram was her friend. Others had to step in to calm things down."

Lohan's rep insists the two are not romantically involved.

METRO

ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan

Winslet gets a 'boy toy'

Kate Winslet is reportedly dating Richard Branson's nephew, Ned Rocknroll, and the pair are currently vacationing in the English countryside, according to Us Weekly.

"Ned is really happy with Kate," the source says, adding that Ned, who is only two years younger than Winslet, feels the actress is "mature and has it all together. [Ned] feels he can learn so much from her. It's sexy — a boy toy situation!" METRO

▶ Kate Winslet

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Casanova Bieber

Justin Bieber knows how to wow a lady. After catching a concert by Demi Lovato with girlfriend Selena Gomez at L.A.'s Nokia Theater, the Canadian pop star brought Gomez next door to the Staples Center, where they watched Titanic — with the whole arena to themselves, according to People magazine. But renting the place out for the night didn't cost Bieber a dime, as the Staples Center's managers were grateful to Bieber for previously selling out the venue three times. "Romance isn't dead," the singer posted to Twitter the day of the date. "Treat your lady right, fellas." METRO

▶ Selena Gomez and Justin Bieber

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Is Sarah Palin a bad mom?

- A new book alleges so
- Parenting expert Tanith Carey shares what moms should do if they're faced with similar situations

GETTY IMAGES

▶ Sarah Palin

The Rogue, a controversial new book by journalist Joe McGinniss, paints Sarah Palin, the former Alaskan governor, as a coke-snorting, sexually loose harridan. It's unflattering, especially for a mother of five.

We shared some of the most-headline-making accusations with Tanith Carey, a family expert, journalist and author of Where Has My Little Girl Gone? Moms out there might find themselves in similar situations. What should they do?

Palin may have done drugs in the past

The book alleges Palin snorted cocaine off an oil drum during a snowmobiling trip.

SAYS CAREY: "If you did take drugs, explain they always carry the danger that they can make you behave in a way that is out of control, could earn you a criminal record or ruin your career. They also carry the risk of addiction. Explain why and how you made the decision to stop taking them — and make it clear what your attitude is to them now."

She may have had an affair while married

... allegedly with her husband's business partner, although all parties have denied this.

SAYS CAREY: "Children have keen antennae and it's very likely they have already guessed there is something wrong, so be honest. Don't try and justify it — or get them to see your partner as the villain. Expect to face a lot of anger if you are the person who cheated in a marriage, as kids will see it as an abandonment of them, as well as your spouse. But keep them talking."

She may have been sexually promiscuous

... allegedly with Miami Heat basketball star Glen Rice.

SAYS CAREY: "If you are asked about your sexual history, the best policy is to be truthful and tell them about your own experiences in an age appropriate way. But also underline how important sex is at its best as part of a meaningful long-term relationship. Explain that it's never a good idea to use sex to validate yourself or fix an insecurity — as it rarely works."

She would reportedly leave her kids to "fend for themselves"

One source reportedly tells McGinniss: "'I'd walk into that kitchen and Bristol and Willow would be sitting there with a burnt pot of Kraft mac and cheese on the stove ... and Sarah would be up in her bedroom with the door closed saying she didn't want to be disturbed.'"

SAYS CAREY: "Of all the accusations, this is potentially the most damaging. It is at the serious end of spectrum of accusations that are levelled against mothers. As such, it's also most likely to cause the most long-term damage to the parent-child relationship because it implies neglect, which goes against all we expect from parents. In Palin's case, it would very much depend on how often this happened and how old her kids were at the time — and what the risks to them were. But we do live in a society where mothers are expected to wait on kids hand and foot from the tweens and beyond — and that is not good for their independence or self-esteem. Mothers also need to be able to acknowledge that they need down-time too." SAM CASTONE

"If you are asked about your sexual history, the best policy is to be truthful."
TANITH CAREY

Lemongrass cookies spice up kids' lunch boxes

GOURMET GARDEN/THE CANADIAN PRESS, HO

▶ Make 24 cookies with this recipe.

Add some flare to children's lunch boxes with these lemongrass and ginger spiced drop cookies.

Preparation:

1. Preheat oven to 180 C (350 F).
2. In a large bowl, mix together butter and sugar. Stir in egg, lemongrass and ginger until well combined. Add flour, baking soda and salt; mix until dough forms.
3. Scoop dough by teaspoonful and place on baking sheets lined with parchment paper. Bake for 7 to 8 minutes or until cookies are lightly golden.
4. Let cool and dust with powdered sugar.

Makes 24 cookies.

SOURCE: GOURMET GARDEN, GOURMETGARDEN.COM
THE CANADIAN PRESS

Ingredients:

- 125 ml (1/2 cup) unsalted butter, room temperature
- 175 ml (3/4 cup) granulated sugar
- 1 large egg
- 10 ml (2 tsp) ground lemongrass
- 10 ml (2 tsp) ground ginger
- 325 ml (1 1/3 cup) all-purpose flour, sifted
- 2 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- Icing sugar, for garnish

3 life

Out, I say

Stains are inevitable, whether it's a red wine spill on a crisp white shirt or grass stains on your child's freshly washed jeans. The good news is there are tips and tricks to getting even the toughest stains out like red wine, grass and blood the first time.

• DON'T — Rub the stain. This will cause the stain to penetrate further into the fabric.

• DO — Dampen the stain using only cold water. For blood stains gently place salt onto the area and fold the stain letting the salt absorb. When the blood is nearly gone, launder in cold water with a detergent that works in cold water.

NEWS CANADA

Patients would have a 'medical home' under system envisioned by family doctors

Easy, healthy pizza pockets

Serve a snack kids love — but without all the fat and calories

This recipe is fast, easy, and it replicates a convenience food your kids will love, and that you can feel good about.

Tips:

- Hide any vegetable your child doesn't like in these pockets. Kids will devour it once it's covered in sauce and melted cheese.
- Choose bread slices that are square. Square slices are easier to fold in half than rectangular slices.

MATTHEW MEAD/THE ASSOCIATED PRESS

▶ You can hide the nutrition in these pizza pockets.

Ingredients:

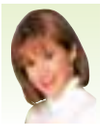
- 1 link raw Italian turkey sausage, casing removed (about 125 g/4 oz)
- 1 small zucchini, coarsely shredded
- 60 g (2 oz) fresh mozzarella cheese, coarsely shredded
- 125 ml (1/2 cup) no-salt, no-sugar, fat-free marinara sauce
- 12 leaves fresh basil, torn into bite-size pieces
- 8 slices whole-wheat bread, flattened with a rolling pin
- Extra-virgin olive oil cooking spray

Preparation:

1. Heat oven to broil. In a small saute pan over medium heat, cook sausage until cooked through, using a wooden spoon or spatula to break it into crumbles as it cooks. Drain off any fat.
2. In a medium bowl, mix zucchini, mozzarella, marinara, basil and cooked sausage. Place flattened bread on a work surface. Spoon zucchini mixture evenly in middle of each piece of bread. Fold one corner of each slice to opposite corner and seal edges by pressing with a fork. Trim off excess crust.
3. Place pockets on a baking sheet. Lightly spray both sides of each pocket with olive oil cooking spray. Place on a rack 10 to 12 cm (4 to 5 inches) under broiler and broil until browned and crisp, 2 to 3 minutes. Flip each pocket and then brown other side under broiler, 1 to 2 minutes more. Makes 4 servings (2 pockets per serving).

THE ASSOCIATED PRESS

Rose Reisman's Swap It



When selecting an appetizer at Joey's, it helps to have a little Nutrition 101 under your belt. Let's look at those innocent-looking wings get you every time.

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Celery root brings out salmon's flavour

Celery root sounds like it's the root of the green stalks most people are familiar with.

Except it isn't. Celery root is from the celeriac plant, a relative of celery that is grown exclusively for its root. They taste similar, though celery root is a little nuttier. Both plants evolved from a wild celery native to Mediterranean marshlands.

But while they may taste alike, you'll never confuse celery for celery root in the store. Celery root is gnarly, knobby and, quite frankly, unattractive. But peel away the tough outer skin and that ugliness gives way to a fresh taste that can add flavour to everything from salads to stews.

In this recipe for smoked salmon salad, celery root is matched with apples for a delicious low-calorie main dish salad.

Preparation:

1. In a large bowl, mix together the yogurt, tahini and the reserved ginger liquid. Season with salt.
2. Add the apples, celery root and chopped pickled ginger. Toss gently to coat the apples and celery root evenly. Set aside for 5 minutes.
3. Meanwhile, divide the smoked salmon between four serving plates. Sprinkle the salmon with the sesame seeds, then season with black pepper.
4. Add the watercress to the apple and celery mixture and lightly toss to coat with the yogurt sauce. Divide the salad between the serving plates, mounding it next to the smoked salmon.

Ingredients:

- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 10 ml (2 tsp) tahini
- 22 ml (1 1/2 tbsp) pickled ginger, roughly chopped, plus 15 ml (1 tbsp) of its liquid
- Salt, to taste
- 2 Granny Smith apples, grated on a box grater
- 1 medium celery root, peeled and grated on a box grater
- 225 g (8 oz) cold smoked salmon (lox), thinly sliced
- 10 ml (2 tsp) sesame seeds, lightly toasted
- Ground black pepper, to taste
- 1 L (4 cups) watercress

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Smoked salmon salad with green apple and celery root — serves 4.

Leaving the leaves alone

Find out why it's better to not get rid of your leaves by bagging them

BEN KNIGHT
GREEN@METRONEWS.CA

Welcome to autumn. The leaves are changing, and soon lawns and yards across Canada will be covered with an eye-catching tapestry of orange, red and yellow — that will have to be raked up. Or will it? Leaves are organic. They degrade into rich, useful compost and fertilizer. What happens if we all just … leave the leaves?

"The biggest problem is, if the leaves are big, say from a maple tree, they can suffocate the lawn," says garden expert Jeff Mason, a frequent contributor to Canadian Gardening and other magazines. "Usually what we do with leaves like that is run the lawnmower over them, so they get all chopped up. And then they just stay on the lawn, or they can go into the garden."

No raking, no bags — and especially no hauling them off to the local landfill.

"Something in the neighbourhood of 40 per cent of the nutrients that a tree produces in a year are in those leaves that we rake up and throw away," says Mason. "If we just allowed the leaves to stay on the ground, or in the garden bed, this is what feeds and fertilizes trees in nature — their falling leaves."

If you happen to like raking, you can also compost leaves by simply making a big pile of them at the back of your yard. They'll rot down over the winter, and be ready to nourish your grass, trees and plants come spring. And they won't even smell bad!

"It's nothing more than the smell of walking through the woods, kicking up leaves," Mason notes.

Compare that to the cost — in money, labour, time and gasoline — of municipal pick-up and composting programs. Your fall leaves are — with little or no effort — free fertilizer for your lawn and garden.

"There really isn't any downside to doing this. The alternative is to pay tree guys to come in … When you get it explained, it's really silly that we do this — haul these leaves away, every year."

In your city

What to do with your leaves

Leaves If you must bag your leaves, the City of London now requires the use certified compostable bags, paper bags, or reusable containers. Residents are no longer be permitted to use standard, non-compostable, clear or orange plastic bags for yard waste.

ISTOCK PHOTOS

▶ Experts say that leaving your leaves on the lawn is actually good for the health of your grass and trees.

LOOKING TO MAKE GREEN FROM INVESTING IN GREEN

I'm new to investing and am doing some research. What are some green companies or stocks I should look into? *Kristin of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Let's start with the term. What you're searching for is called socially responsible investing (SRI). SRI is what you get when environmental, social and governance factors come together in the selection and management of investments.

SRI investments take into account environmental sustainability or stewardship, labour practices, human rights and corporate governance. Chances are good — but not guaranteed — that you won't be supporting businesses involved in alcohol, tobacco, gambling, weapons or mining. It also goes beyond "green" companies.

Investments are screened for things like human-rights violations, community involvement and environmental performance.

And why shouldn't you be able to align your financial goals with your personal values?

An excellent Canadian resource is the Social Investment Organization. It's a national membership-based organization that includes financial institutions, investment firms, financial advisors and various organizations and individuals interested in socially responsible investment.

The organization has a series of fact sheets designed to answer questions like "Do social investors sacrifice returns?" or "What is community investing?"

Although most mainstream banks don't carry ethical funds, most credit unions do, so it's worth asking.

We can play the supply-and-demand game, too. The more of us that ask for socially responsible investments, the better!

David Suzuki Foundation

From 'content to complete'

Cancer survivor Michelle Peavy doing her best to empower women

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"I came to a fork in the road and chose the fearless route."

Michelle Peavy has overcome many tough turning points in life to become an entrepreneur, speaker and singer, but her biggest challenge of all was conquering cancer.

Today, she's healthy and owns a corporate recruiting company with offices in Calgary, Houston and a third opening in Toronto.

As a singer, she has appeared on America's Got Talent, Jimmy Kimmel Live and is a longtime anthem singer for the NBA's Houston Rockets. Peavy will be launching her new CD in October.

"We have so much power and underestimate how much we can use. I want women to look deep within themselves and make a difference in their community."

The ALL Women Summit will be held in Toronto on Oct. 6.

Michelle will be among the inspiring women there who will help you learn how you can live a life filled with intent, strength and action.

"It will be women mentoring women, offering tools and life strategies. I want them to move from a place of content to complete."

Join Michelle and choose the fearless route. Visit allwomen.biz for more information.

CONTRIBUTED

▶ Michelle Peavy

Tuition keeping students stressed: Poll

Greg Evans is no quitter. This fall marks the 26-year-old's second attempt to pay his way through university while balancing classes with work.

"Something in my life is going to suffer," said Evans. "My school work is definitely going to suffer, the quality of my life is going to suffer. The quality of my sleep and my health I'm sure are going to suffer."

It will be difficult for Evans, who grew up in the small community of Fonthill in Ontario's Niagara Region, to finance his education. But Evans would rather struggle for a couple of years than live the rest of his life from one paycheque to the next.

Evans first enrolled in classes at Toronto's Ryerson University in 2005 but dropped out after a year because he wasn't able to work enough hours to fund the venture.

Despite the fact that Evans' parents aren't able to cover his tuition, Evans says he doesn't qualify for a loan from the Ontario Student Assistance Program.

The public administration and governance major says that this time around, he's tackling school part-time so that he can put in as many hours at work as he needs. But he's still taking a student line of credit from the bank as a safety net.

"My money's OK," said Evans.

"But if I got sick for, let's say, a week or two, that would put a pretty big dent in my savings. I can't really afford to get sick if I'm going to school again. I have to have a backup of some sort."

Many students who started college or university this fall share Evans' worries.

ISTOCK

▶ Balancing school with a job can be a tough combination.

According to a recent survey by TD Canada Trust, 45 per cent of parents who have kids eligible to start school this fall haven't started putting money away for post-secondary education. A third of them say they'll only be able to cover less than 10 per cent of the cost.

The online survey, conducted in June, polled a representative sample of 640 Canadian parents who have children under the age of 18.

Another TD survey suggests that more than half — 58 per cent — of post-secondary students feel anxious or stressed when they think about how they're going to pay their way through school.

It's no surprise when you consider that, according to a 2010 Statistics Canada report, average student debt on graduation is $18,800. And TD pegs the total cost of school for students living away from home at a hefty $80,000.

THE CANADIAN PRESS

Start on savings

- Scott Plaskett, a certified financial planner from Toronto, recommends automating the transaction so that a little bit of money from every paycheque goes into a savings account.
- "If you have to think about it, it's probably going to fall by the wayside," said Plaskett. "So automate your life, from a financial planning perspective, so that what you want to have happen, happens."
- He also suggests putting money into a Registered Education Savings Plan, which attracts extra cash from the federal government in the form of the Canada Education Savings Grant.
- Or, to maximize every dollar, consider putting money into a Registered Retirement Savings Plan, which can reduce the amount of income tax paid. Then put any tax refund into an RESP. By taking this kind of holistic approach, said Plaskett, parents can save for their children's education without sacrificing their retirement plans.

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ED SZCZEPANSKI/GETTY IMAGES

▶ Cardinals catcher Yadier Molina is congratulated after hitting a solo home run yesterday.

Cards draw within one of Braves

The St. Louis Cardinals pulled within one game of the Atlanta Braves in the NL wild-card race as Rafael Furcal hit a tiebreaking home run in the eighth inning yesterday in a 3-2 victory over the Chicago Cubs.

St. Louis trailed Atlanta by 10 ½ games on Aug. 26, but the Cardinals have won 15 of their last 20.

Trailing 2-1, St. Louis tied it in the seventh on Yadier Molina's 14th homer. The next inning, Furcal homered off Randy Wells.

Making what might have been his final home appearance for the Cardinals, Albert Pujols went 0 for 4 and stopped his streak of reaching base in 40 successive games.

THE ASSOCIATED PRESS

Remaining games

The Cardinals close the regular season with a three-game series at Houston (55-104), which has the worst record in the major leagues.

- Atlanta hosts Philadelphia (99-60), which has the best mark in the majors.

Rays keep focus on themselves as Sox slide

No major league team has overcome a nine-game deficit in September to claim a post-season berth ◐ Series with Yankees next for Rays

REINHOLD MATAY/THE ASSOCIATED PRESS

▶ Tampa Bay Rays' Ben Zobrist is called safe as he dives into home plate after an inside-the-park home run during the first inning of yesterday's game.

The Tampa Bay Rays are focusing on their playoff push rather than the shocking slide of the Boston Red Sox.

B.J. Upton and Ben Zobrist homered in the first inning to back Wade Davis, and the Rays beat the Toronto Blue Jays 5-2 yesterday to pull within a half-game of the Red Sox for the AL wild-card lead.

"It's more about the ascension of the Rays right now," Tampa Bay manager Joe Maddon said. "Obviously, they're struggling a bit, and that happens. But from our perspective, it's more important what we do."

RAYS	BLUE JAYS
5	2

Evan Longoria and Kelly Shoppach also homered for the Rays, who have closed despite going just 14-10 in September.

"The more pressure you put on yourself, the tougher it is to play baseball, which is probably what the Red Sox are doing right now," Davis said.

Tampa Bay closes at home against the Yankees, while the Red Sox play at Baltimore.

THE ASSOCIATED PRESS

Bautista hurt

- Jose Bautista left after five innings with a bruise below his left knee after hurting it on Ben Zobrist's first-inning homer.
- He is not expected to play tonight, but hasn't ruled out returning before the regular season ends.

Patriots no longer Bills' bully

DAVID DUPREY/THE ASSOCIATED PRESS

▶ Rian Lindell and Brian Moorman celebrate the Bills' game-winning field goal yesterday.

Hold on to your seats, the Buffalo Bills are showing they're for real.

Rian Lindell hit a 28-yard field goal as time expired to cap a stunning comeback for a 34-31 victory over the New England Patriots yesterday. The win snapped Buffalo's 15-game losing streak against the Patriots that dated to 2003, and sparked a wild celebration in which stadium officials guarded the goal posts to ensure fans didn't bring them down.

The Bills (3-0) won courtesy of yet another Ryan Fitzpatrick-led rally, overcoming a 21-0 second-quarter deficit. It was reminiscent of what the Bills did last week when they came back from down 21-3 to beat Oakland 38-35.

Tom Brady threw for 386 yards and four scores for New England (2-1) and set a league record for most yards passing over a three-game stretch, but matched a career-high four interceptions. THE ASSOCIATED PRESS

Around the NFL

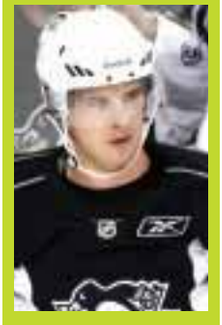
In other action yesterday:

- The New York Giants (2-1) took advantage of the Philadelphia Eagles (1-2) with Michael Vick injured again. Eli Manning threw four touchdown passes, and the Giants beat the Eagles 29-16. Vick, who started after suffering a concussion last week, left with a broken right hand in the fourth quarter.
- Matthew Stafford threw for 378 yards and two TDs to rally the Lions (3-0) from a 20-0 deficit before Jason Hanson kicked a 32-yard field goal in overtime as Detroit beat the Minnesota Vikings (0-3) 26-23.
- Cam Newton didn't pass for a ton of yards, he simply found Greg Olsen over the middle for a 16-yard TD with 4:20 left to lift Carolina (1-2) to a 16-10 win over the Jacksonville Jaguars (1-2).

THE ASSOCIATED PRESS

4 sports

Quoted



"Everything's been really good. I haven't ran into any issues so far, so it's been pretty smooth."

PITTSBURGH PENGUINS STAR SIDNEY CROSBY AFTER PARTICIPATING IN A CONTROLLED SCRIMMAGE YESTERDAY AS HE CONTINUES HIS COMEBACK FROM CONCUSSION-LIKE SYMPTOMS THAT HAVE KEPT HIM OFF THE ICE SINCE JANUARY. CROSBY TOOK FACE-OFFS AND WORKED ON SET PLAYS WITH TEAMMATES IN HIS FIRST FIVE-ON-FIVE ACTION SINCE TRAINING CAMP OPENED LAST WEEKEND. HE STILL HASN'T BEEN CLEARED FOR CONTACT.

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Meetings & Reunions

NOTICE!
All Candidates Meeting and Healthcare Debate
London North-Center
Tuesday Sept 27, from 7:00pm-10:00 pm
Doors Open at 06:00 pm
AB Lucas Secondary School 656 Tennent Ave
Moderated By: **Dr. W. Haddara**
Sponsored By: ***Registered Nurses Association of Ontario, Ontario Nurses Association & London and Ontario Health Coalitions***
Candidates from the Liberal, NDP, Green and Freedom parties will be attending to speak about what improvements to our health care system they can offer. We are asking what they will do to increase hospital beds, improve access to public (not for profit) long term care and home care services, stop hospital cuts and protect/improve the quality and equality of the public health care system.
For more information please contact:
Peter: 519-646-6000 Ext. 6522, Jeff: 519-473-6191, Shirley: 519-842-3498
Visit: www.votehealthontario.ca OHC Survey

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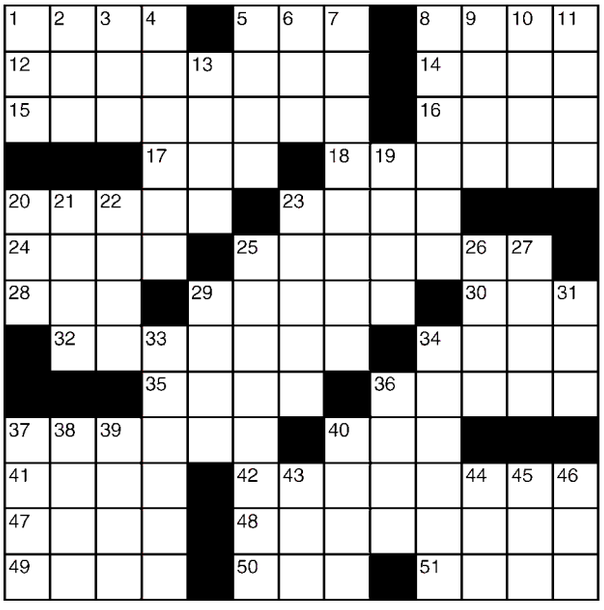
Crossword



Across

1 Small salamanders
5 Handgun, slangily
8 Story
12 Pirate's chestful
14 Fine
15 Crime that's gone unsolved
16 Blind trio of rhyme
17 Comic DeLuise
18 "I'm grateful"
20 Refine metal
23 Versifier
24 Walk the floor
25 Snazzy race cars
28 Fire residue
29 Fragrant wood
30 Knock
32 Microsoft communications method
34 Leaf-gathering tool
35 Carbonated drink
36 Tier
37 Primary ore of lead
40 Lummox
41 Touch
42 Doubt that makes you change plans
47 Camera part
48 Finland's capital
49 Rim
50 Historic period
51 Mideastern gulf

Down

1 And so on (Abbr.)
2 To and —
3 Aviv lead-in
4 It comes between a cowboy and his horse
5 U.S. island in the Pacific
6 MGM motto word
7 Don't drink
8 BLT part
9 Related (to)
10 Don't have
11 Sight organs
13 Highlander
19 Mister, in Munich
20 Health resort
21 Korean War sitcom
22 Reverberate
23 Lecterns
25 Migraine, for one
26 Low cart
27 Benefit
29 "Aww, please?"
31 Apiece
33 Dangerous fly
34 Palm fiber used as cord
36 Young fellows
37 Strong wind
38 Not up and about yet
39 Breather?
40 Earthen pot
43 "— the ramparts ..."
44 Conclusion
45 — out a living
46 Can metal

▶ Yesterday's answer

G	A	L		O	W	E	N		R	E	A	R		
E	G	O		R	A	R	E		E	R	G	O		
L	O	V	E	B	I	R	D		V	I	E	W		
		E	D	I	T			B	E	N	D	S		
I	N	S	E	T		P	A	I	R					
B	O	O	N		P	A	R	A	B	L	E	S		
I	N	N		B	O	R	I	S		O	V	A		
D	E	G	R	A	D	E	D		A	V	E	R		
			E	L	S	E		A	R	E	N	A		
S	T	E	A	D			O	P	E	N				
L	I	D	S		L	O	V	E	S	E	A	T		
A	R	G	O		E	W	E	R		S	H	E		
P	E	E	N		D	E	N	Y		T	A	X		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

1				7	4	2		9
9	8						5	
				3	9		6	
	1					5		
			4		6			
		8					1	
	6		7	9				
	3						7	2
5		2	1	8				4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	4	5	9	1	6	8	7	3
6	3	7	2	4	8	1	9	5
8	1	9	7	5	3	4	6	2
9	5	3	4	2	1	7	8	6
4	8	6	3	7	5	9	2	1
7	2	1	6	8	9	5	3	4
3	6	4	5	9	7	2	1	8
1	9	2	8	3	4	6	5	7
5	7	8	1	6	2	3	4	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Henry H - You dont understand how happy you make me. I love you so much and I am so happy that I was the one you chose. We have been through somethings and are still growing and making this a stronger relationship. Or friendship turned into love and now everyday I cant stop thinking about you. We are almost at a year and I know our relationship will last longer than that. :) <3 I LOVE YOU. 03-29-11 <3
FROM SUMMER C

Cho cho you're sleeping right now:) you look so cute as always <3 i was playing sudoku and i seen this kiss thing where anyone can post what they want to their friends or love ones. I find it cute so i just want to tell you that i love you and that you're the one i want to marry! You're my first and my last. 080808<3
FROM BABYCHO:)

Today's horoscope

♈ Aries March 21-April 20 Don't look at challenges as things to be avoided but as things to be used for your benefit.

♉ Taurus April 21-May 21 Try to be enthusiastic about what you are being asked to do.

♊ Gemini May 22-June 21 What comes your way today will be pleasant, and what comes your way tomorrow will be out of this world.

♋ Cancer June 22-July 22 YMake an effort to patch up any minor disputes you may be having with partners and loved ones.

♌ Leo July 23-Aug.23 You will be made the proverbial offer you cannot refuse either today and, yes, it's a pretty good deal.

♍ Virgo Aug. 24- Sept. 22 Stop worrying and start working.

♎ Libra Sept. 23-Oct. 23 Don't judge yourself by other people's standards because the simple fact is their standards are way below what yours should be

♏ Scorpio Oct. 24-Nov. 22 Follow your passion wherever it may lead you.

♐ Sagittarius Nov. 23-Dec. 21 If ever there was a time to make an extra effort that time is now.

♑ Capricorn Dec. 22-Jan. 20 Some kind of breakthrough is imminent, so stop fretting that you have not done enough because there is still plenty of time.

♒ Aquarius Jan. 21-Feb. 18 There is no such thing as luck: you get what you deserve in life, nothing less and nothing more.

♓ Pisces Feb. 19-March 20. Think in terms of abundance, not in terms of lack. Your mind creates your world.

SALLY BROMPTON

Caption contest

SAKCHAI LALIT/ THE ASSOCIATED PRESS

ANDY CARPENEAN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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